



# ACTIVE ANITA'S MINDFULNESS ACTIVITY 4

Physical play includes activities that use physical movements to allow children to use their energy, and it gives children the chance to develop gross and fine motor skills. Furthermore, UK researchers have found visiting a green space has positive effect on children's mental health.

The parent will throw the ball towards the child. The parent yells "HEAD" or "CATCH" to the child as they toss the ball. The child must quickly react to the command and perform the OPPOSITE action. If the parent yells "HEAD" the player must catch the ball. If the parent yells "CATCH" the player must head the ball back. Let the child have a go at being the thrower.

Park bowling Lay 2/3 bottles on the ground next to each other and place a marker 3 metres away. Bowl the ball 5 times to try to knock the bottles over, stand the bottles up after every turn. Count how many bottles you have knocked over. Challenge your family member, can you be at their score? Progression: Use a tennis ball and perform an over arm throw. Body Part Cricket Place two water bottles 3m apart. Choose a batter and bowler.

The batter chooses a body part to hit the ball with. The bowler rolls or throws the ball gently to the batters choose body part. The batter hit the ball and runs between the two bottles. 1 shuttle run between the bottle=1 point. The batter must remember the number of points they score. The bowler must retrieve the ball and knock one of the bottles over, once a bottle is knocked over the runner must stop. After 5 bowls, change roles. The highest number of points is the winner. Progression-Allow the bowler to decide what body part the batter uses, the bowler calls the body part out during the ball throw.